

My Anger Iceberg

Anger is the part people see. What feelings are hiding under the water?

**What people see
when I am angry:**

ANGER

UNDER THE SURFACE

Feelings that can hide under anger

hurt · embarrassed · scared · worried · jealous · tired · hungry · left out · lonely · sad · disappointed · confused · nervous · not listened to · treated unfairly · stressed · overwhelmed · ashamed · guilty · rejected · disrespected · powerless · betrayed · insecure · grieving · anxious · unappreciated · pressured

The biggest one right now is _____

It might need _____

Anger Thermometer

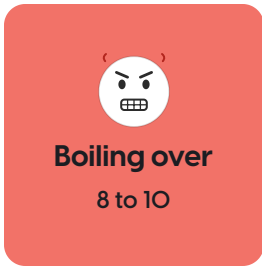
How hot is your anger? Notice it early, while it is easier to cool down.

Level	It feels	My body might	What helps
10	Out of control Volcano	Cannot think at all, doing things you might regret	Get to a safe place. If anyone is in danger, call 911.
9	Raging About to explode	Feeling out of control, very loud, or frozen still	Move away from people and things that could get hurt. Get a grown-up or someone you trust.
8	Furious Super mad	Hard to think, wanting to hit or throw, seeing only what made you mad	Go to your cool-down spot. Breathe out longer than you breathe in.
7	Very angry Really mad	Pounding heart, shaky hands, yelling	Stop talking and take space. Cold water on your face or hands.
6	Angry Mad	Hot face, fast breathing, wanting to argue	Leave the room to cool down. Move: walk, shake it out or push a wall.
5	Frustrated	Heart beating faster, clenched fists, louder voice	Walk away for five minutes. Squeeze your fists tight, then let go.
4	Irritated Grumpy	Short answers, fidgety hands or feet, warm face	Take a short break. Ask for help or for some space.
3	Annoyed Bugged	Frowning, tight jaw, rolling your eyes	Take one slow breath out. Say what you need in a calm voice.
2	A little bothered A tiny bit bugged	A small sigh, shoulders a bit tight	Name it: "That bugs me". Let it go, or say it kindly.
1	Relaxed Calm	Steady heartbeat, easy smile	Keep doing what you are doing. Notice what is going well.
0	Calm Cool as ice	Loose muscles, slow, easy breathing	Notice how calm feels, so you can find it again. Practice a calming skill while it is easy.

At 8 and up it is very hard to think clearly. Keep everyone safe, cool your body down, and talk about it later.

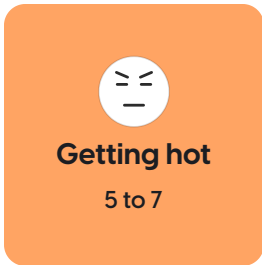
My Anger Plan

Name _____ Date _____



My body tells me _____

I will _____



My body tells me _____

I will _____



My body tells me _____

I will _____

My cool-down spot

People who can help me calm down

After I calm down, I can

- ☐ Talk about what happened
- ☐ Look for the feeling under my anger
- ☐ Fix what I can
- ☐ Say sorry if I hurt someone
- ☐ Draw or write about it
- ☐ Make a plan for next time

If anyone is in danger, call **911**. If you are thinking about hurting yourself, call or text **988**.